

## Introduction to Social Dance

(ages 16-adult)

A fun introduction to the world of social ballroom dancing. Basic patterns and techniques will be taught that will get students moving comfortably on the dance floor. Students will learn the basics to foxtrot, waltz, tango, rumba, cha-cha and East Coast swing. No partner necessary. **No class June 30.** ★ Register at town hall.

**Location:** Wake Forest Community House  
**Instructor:** Jessica Marshall  
**Fee:** \$45 per session  
**Sessions:** **Jun 16-Jul 14**  
 Mon 7:30 pm-8:30 pm  
**Jul 28-Aug 18**  
 Mon 7:30 pm-8:30 pm

## Continuing Social Dance

(ages 16-adult)

Students must have taken Introduction to Social Dance to participate. A continuation of the basics in which floor navigation and more complex patterns will be added. No partner necessary. **No class July 2.** ★ Register at town hall.

**Location:** Wake Forest Community House  
**Instructor:** Jessica Marshall  
**Fee:** \$45 per session  
**Sessions:** **Jun 18-Jul 16**  
 Wed 7:30 pm-8:30 pm  
**Jul 30-Aug 20**  
 Wed 7:30 pm-8:30 pm

## Girls Night Out Cardio Ballroom

(ages 16-adult)

Girls Night Out meets two nights a week. This dance-inspired workout combines ballroom, Latin, swing and ballet styles of dance for a new type of workout. Bring your friends and join us for a great way to help tone and get rid of those unwanted pounds. Ladies only. Yoga mats and hand weights are recommended. **No class June 30 and July 2.** ★ Register at town hall.

**Location:** Wake Forest Community House  
**Instructor:** Jessica Marshall  
**Fee:** \$30 per session  
**Sessions:** **Jun 16-Jul 16**  
 Mon/Wed 8:30 pm-9:30 pm  
**Jul 28-Aug 20**  
 Mon/Wed 8:30 pm-9:30 pm

## Advanced Oil Painting

This course is designed for advanced oil painting students working on specific techniques and styles. All students must be approved by instructor. ★ *Register at Flaherty Park.*

**Location:** Flaherty Park Community Center  
**Instructor:** Mary Benejam  
**Fee:** \$75 (plus materials)  
**Session:** **Aug 5-Sep 9**  
 Tue 10:15 am-12:45 pm

## Intermediate Painting with Oils & Acrylics

Students will work on their own level with direction under instructor guidance. ★ *Register at Flaherty Park.*

**Location:** Flaherty Park Community Center  
**Instructor:** Mary Benejam  
**Fee:** \$75 (plus materials)  
**Session:** **Aug 6-Sep 10**  
 Wed 10:15 am-12:45 pm

## Impressionist Painting Workshop (ages 16-adult)

Participants will complete an impressionist painting in one afternoon. Pick your own subject matter and enjoy the painting process that changed the world! ★ *Register at Flaherty Park.*

**Location:** Flaherty Park Community Center  
**Instructor:** Mary Benejam  
**Fee:** \$70 (includes all materials)  
**Session:** **Aug 9**  
 Sat 10:00 am-3:00 pm

## Introduction to Sewing (ages 14-adult)

Welcome to the wonderful world of sewing! You will learn to make and embellish an apron starting from pinning and cutting out your pattern to wearing your completed creation. Your own sewing machine is recommended but not required. Space is limited. **No class July 4.** ★ *Register at town hall.*

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Jessica Marshall  
**Fee:** \$45  
**Session:** **Jun 20-Jul 18**  
 Fri 6:00 pm-7:00 pm

## Continuation to Sewing (ages 14-adult)

Learn more advanced techniques to make the projects you dreamed about but weren't quite sure how to make them into reality. Your own sewing machine is recommended but not required. Space is limited. ★ *Register at town hall.*

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Jessica Marshall  
**Fee:** \$45  
**Session:** **Aug 1-22**  
 Fri 6:00 pm-7:00 pm

## Beginner/Intermediate Tae Kwon Do

Learn martial arts skills, develop self-esteem, confidence and respect for others. No class the first Thursday of every month. **Note: Please register the first Tuesday of every month with the instructor.**

**Location:** Wake Forest Community House  
**Instructor:** Kevin Ray  
**Fee:** \$35 per month  
**Session:** **Ongoing**  
 Tue/Thu 6:15 pm-7:00 pm

## Advanced Tae Kwon Do

No class the first Thursday of every month. **Note: Please register the first Tuesday of every month with the instructor.**

**Location:** Wake Forest Community House  
**Instructor:** Kevin Ray  
**Fee:** \$35 per month  
**Session:** **Ongoing**  
 Tue/Thu 7:00 pm-8:00 pm

## Gentle Yoga

This class will emphasize the healing benefit of yoga with slower movements and connection to the breath. All levels are welcome. The practice will be especially beneficial for those who are recovering from injury or illness, or if you simply want a deep gentle yoga experience. **Please bring a mat and wear comfortable clothing.** ★ *Register at town hall.*

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Sunny Davis  
**Fee:** \$60 per six-week session or \$12 drop-in fee  
**Sessions:** **Jun 11-Jul 16**  
 Wed 10:00 am-11:30 am  
**Jul 30-Sep 3**  
 Wed 10:00 am-11:30 am

## Dog Behavior: The Good, the Bad and the Ugly (ages 8 and above)

Do you ever wonder if your dog's behavior is normal or maybe even dangerous? This seminar will cover how to recognize and classify different types of dog behavior. While this seminar is only for people and not a training class for dogs, there will be videos of dog behavior and time for questions and answers at the end of the seminar about your own dog. Children ages 8-13 may attend the one day seminar free of charge as long as they are accompanied by a participating adult. This seminar is offered by Michele Godlevski, owner and founder of Teamworks Dog Training. ★ *Register at Alston-Massenburg Center.*

**Location:** Alston-Massenburg Center  
**Instructor:** Michele Godlevski, Certified Dog Behavior Consultant  
**Fee:** \$20/person, per session  
**Sessions:** **Jun 27**  
 Fri 6:00 pm-8:00 pm  
**Jul 25**  
 Fri 6:00 pm-8:00 pm  
**Aug 29**  
 Fri 6:00 pm-8:00 pm

## Introduction to Tracking (ages 18 and above)

This is a course designed for dogs that like to follow their nose. Tracking demonstrates the dogs ability to recognize and follow a scent, a skill useful in the service of mankind. It is a



fun activity for a dog and its owner to enjoy together. This course will focus specifically on an introduction to AKC Tracking. **Required Equipment:** one dog, a tracking harness, a 30-40 ft lead, dog treats, dog toys, 2 start flags, 5 turn flags, and markers. **Pre-Requisite:** All dogs must have passed a Canine Good Citizen Test. All dogs must have rabies vaccinations, DHPP vaccinations or titers. ★ *Register at town hall.*

**Location:** E. Carroll Joyner Park  
**Instructor:** Marlene and Tom Anton  
**Fee:** \$130 per session  
**Sessions:** **May 15-Jun 19**  
Thu 10:00 am-11:00 am  
**May 17-Jun 21**  
Sat 10:00 am-11:00 am

## Competition Tracking

(ages 18 and above)

Tracking demonstrates the dogs ability to recognize and follow a scent, a skill useful in the service of mankind. It is a fun activity for a dog and its owner to enjoy together. This course will focus specifically on advanced tracking techniques. **Required Equipment:** one dog, a tracking harness, a 30-40 ft lead, dog treats and toys, 2 start flags, 5 turn flags, and markers. Please wear clothing geared for the outdoors. **Pre-Requisite:** All dogs must have passed a Canine Good Citizen Test. All dogs must have rabies vaccinations, DHPP vaccinations or titers. ★ *Register at town hall.*

**Location:** E. Carroll Joyner Park  
**Instructor:** Marlene and Tom Anton  
**Fee:** \$130 per session  
**Sessions:** **May 15-Jun 19**  
Thu 9:00 am-10:00 am  
**May 17-Jun 21**  
Sat 9:00 am-10:00 am

## CPR Recertification

Learn CPR for all ages (infant, child and adult) choking management, warning signals for heart attack and stroke and prevention of childhood accidents. Each participant will receive a course work-book and DVD. Participants will receive certification through the National Safety Council. **An additional \$15 materials fee will be required payable to the instructor.** ★ *Register at Flaherty Park.*

**Location:** Flaherty Park Community Center  
**Instructor:** Jean Cooke  
**Fee:** \$60 per session  
**Sessions:** **Jun 4**  
Wed 6:00 pm-9:00 pm  
**Jul 23**  
Wed 6:00 pm-9:00 pm